

Milk Means a LATTE More!

Milk the profits at the High School Cafeteria by starting a coffee program. Many students purchase coffee drinks on the way to school. Take advantage of this trend, and sell lattes at school. According to USDA Smart Snack rules, milk and coffee drinks are **allowed in high schools only**. Lattes are easy to make and will mean more profits for the cafeteria and more nutrition for the students.

USDA SMART SNACK RULES:

- » Espresso (or coffee) with 1% white milk (with no additional flavoring during preparation or afterwards by the student) are allowed.
- » Espresso (or coffee) with fat free milk (flavored or unflavored) are allowed.
- » Count only the calories of the added sweeteners (no more than 60 calories per 12 oz serving).



BASIC LATTE RECIPE

¾ oz (3 pumps) Sugar Free Syrup

8 oz Coffee

3 oz Fat Free Milk

Combine Sugar Free Syrup with brewed coffee in 12 oz cup. Add milk and stir well.

TIP: Use sugar-free and calorie-free syrups (such as Monin) to flavor specialty coffee drinks. Add a pump on the bottle.
1 pump = $\frac{1}{4}$ ounce



CARAMEL LATTE RECIPE

¾ oz (3 pumps) Sugar Free Caramel Syrup

8 oz Coffee

3 oz Fat Free Milk

Combine Sugar Free Syrup with brewed coffee in 12 oz cup. Add milk and stir well.

VANILLA LATTE RECIPE

¾ oz (3 pumps) Sugar Free Vanilla Syrup

8 oz Coffee

3 oz Fat Free Milk

Combine Sugar Free Syrup with brewed coffee in 12 oz cup. Add milk and stir well.

MILK MEANS MORE

United Dairy Industry of Michigan

Recipes continue on the back ➤

INCREASE SALES WITH MARKETING

Make sure staff and students know lattes are available. Use these tools to add excitement to your promotion:

- » Flavor of the day sign
- » Buyer punch card
- » Raffle ticket

Milk Means a Latte More items can be found at milkmeansmore.org under the Schools and Educators section.



MOCHA LATTE RECIPE

½ oz (3 pumps) Sugar Free Chocolate Syrup

8 oz Coffee

3 oz Fat Free Milk

Combine Sugar Free Syrup with brewed coffee in 12 oz cup. Add milk and stir well.

CHOCOLATE CARAMEL LATTE RECIPE

½ oz (2 pumps) Sugar Free Chocolate Syrup

¼ oz (1 pump) Sugar Free Caramel Syrup

8 oz Coffee

3 oz Fat Free Milk

Combine Sugar Free Syrup with brewed coffee in 12 oz cup. Add milk and stir well.

LATTE: espresso and steamed milk (milkier than a cappuccino)

CAPPUCCINO: espresso and steamed milk foam

MOCHA: espresso, steamed milk, foam and chocolate syrup

